



# News from the Nest

June 17 - 21, 2024 – Parent Edition



## Spotlight on Learning:

### Capstone Presentations

Presented by: **Mr. Mark Thiessen**

Course: **Career Life Connections 12**



**TEACHER REFLECTION:** In this project, students reflected on significant learning experiences and significant people in their lives, and then created a transition plan for life after high school. They identified an intended Career Path, and researched the education or training required to get there. The students also articulated what they will be doing next year, and how they plan to pay for that.

**STUDENT REFLECTION:** The final capstone project was a great way to end off CLC/WEX 12. I enjoyed putting together this presentation as it allowed me to reflect on my work experience at the pharmacy this semester. Also, this project allowed me to put my post-secondary plan together, having everything laid out helped me reduce my anxiety for next year. Additionally, looking back at my learning experiences has given me a sense of accomplishment and gratitude. This project was an excellent opportunity to reflect on the semester and plan for the next year.

June is . . . .



### Character Word of the Week: INTEGRITY

Integrity is a commitment to honesty that is clear because actions are consistent with stated beliefs or promises. Honest, truthful, trustworthy people have integrity.

*How it can look when put into action:*

- Doing the right thing even when no one is watching.
- Telling the truth.
- Producing work that is honest and sincere.
- Keeping confidences.
- Keeping promises and commitments.
- Communicating honestly, openly and respectfully.



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## **Self-Care Mondays**

**June 17<sup>th</sup>:**

This week's self-care tip is about: **The Smartphone or Social Media Diet**

**Information:** Studies show that a reduction of smartphone use by just one hour per day for one week can result in long-term reduced smartphone use, as well as reduced depression and anxiety, and improved physical activity and life satisfaction. So, why not ditch that phone for just one hour a day. We DARE you to try it, or does your phone CONTROL you? Turn it off right now for one hour and see how it feels.

<https://www.verywellmind.com/reducing-smartphone-use-can-improve-mental-health-5271918>



### **Activity:**

Strategies to help curb your smartphone addiction: <https://www.cNBC.com/2018/01/03/how-to-curb-your-smartphone-addiction-in-2018.html>

## **Canadian Student Alcohol & Drugs Survey**

WJ Mouat is participating in the Health Canada 2023-2024 Canadian Student Alcohol and Drugs Survey (CSADS). The survey gathers information about health and health-related behaviours among Canadian youth. Understanding Canadian trends in alcohol and drug use is vital to the effective development, implementation and evaluation of strategies, policies and programs aimed at addressing higher risk substance use.

The survey asks students questions about alcohol, cannabis, and other drug use, as well as bullying and self-rated physical and mental health. The participation of students who do not use substances is just as important for this study as those who do. A PDF version of the survey is available at [www.csads.ca](http://www.csads.ca) should you wish to review it prior to the survey administration. No student names will appear with, or be linked to, the answers provided on the survey. The survey will be conducted the last week of school from June 17-21.

## **Academic Student Awards Evening**

The academic awards evening was a great success on Thursday, June 13. Over 300 people attended, and 130 awards were given out. Hosted in the main gym, the event featured a delectable array of desserts, from rich chocolate mousse to delicate fruit tarts prepared by Ms. LeClerc's foods classes. The evening began with Ms. Rajabally highlighting the students' dedication and accomplishments throughout the year. Award recipients, beaming with pride, took the stage amid enthusiastic applause from peers and family members to receive their awards. Ms. Rajabally encouraged students to pursue their academic passions with determination. This memorable event celebrated individual successes and the spirit of unity within the school. Congratulations to all the award winners! A big thank you to all the staff and students who helped set-up and take down as it is such a big undertaking.

*Your WJ Mouat Admin Team*

## **Athletic Awards Banquet**

The Athletics Awards Banquet was another resounding success. The event featured a roast beef and pasta dinner that satisfied every palate. The dessert bar was extra special by handmade desserts from Ms. Linda Zemo, one of our clerical staff. The evening started with a warm welcome from our athletic director, Mr. Rahe who highlighted the year's remarkable achievements from the athletic program and the dedication of the athletes. As award recipients were called to the stage they were met with enthusiastic applause from coaches, teammates, and family members. Mr. Rahe emphasized the values of perseverance, teamwork, and sportsmanship. The atmosphere was filled with pride and camaraderie, celebrating both individual and team accomplishments. This unforgettable event not only honored athletic excellence but also strengthened the bonds within the sports community. Three Mouat alumni were inducted into the WJ Mouat Hall of Fame. The inductees were Darren Rowell for football, Ryan Craig for professional hockey and Rich Ralston for coaching basketball at Mouat for over 30 years. Congratulations to all the award winners, team accomplishments and Hall of Fame inductees. Also, another big thank you to all the staff and students who helped set-up and take down and lend a hand in any way possible to make this event happen. GO HAWKS GO!!!

### **Upcoming Events:**

- ✚ June 20<sup>th</sup> & 21<sup>st</sup> – Double Block days for Assessments.
- ✚ June 24<sup>th</sup> & 25<sup>th</sup> – Credit Recovery
- ✚ June 24<sup>th</sup> – Convocation @ Abbotsford Entertainment Center.
- ✚ June 26<sup>th</sup> – Prom at Newlands Golf & Country Club.
- ✚ June 28<sup>th</sup> - Last Day of Classes for Teachers.



**Only 1 more week to go with students. Keep pushing your children to finish strong!**

**Appreciate all of you for your efforts!!!**

**See below for next week's calendar.**

## COMING UP NEXT WEEK

June 17 - 21

### Monday, June 17

- ABCD

### Tuesday, June 18

- CDBA

### Wednesday, June 19

- BADC
- Locker Clean up (student must have lockers cleaned out by the end of the day)

### Thursday, June 20

- DDCB

### Friday, June 21

- AABB
- Last Day for students who are not doing credit recovery.



# MOUAT GRAD WEAR 2025

Have your Grad wear ordered ASAP to start the 24/25 school year off in style.

Available for purchase on NOW on [www.schoolcashionline.com](http://www.schoolcashionline.com)!

Deadline to purchase is June 21<sup>st</sup> at midnight. There will be one more opportunity to purchase Grad wear in the next school year!



**Hoodies= \$68**

Black  
Dark Grey  
Light Grey  
S M L XL XXL

**Pants= \$47**

Black  
Dark Grey  
Light Grey  
S M L XL XXL